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Thursday, February 8, 2018 metro.us | t: MetroNewYork | f: MetroNew

TANKATHON?

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COUTURE NOMORE?

The beginning of New York Fashion Week may also mark its end, as social media kills off the catwalk. 4

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ALEXANDRA CAVALLO, EDITOR

Look, I'm a slouchy beanie and battered pair of Chucks kind of girl. That said, I do care about personal style, which is why I'm stoked to see high fashion embracing more accessible, inclusive looks — as well as the platforms that suit them best. I might spend more time on Instagram than I'm comfortable admitting, but it can't be beat when it comes to discovering new trends and looks. Plus, it's in my purse or pocket at all times. Check out how New York Fashion Week's evolved, along with a preview of what you can expect, on page 4.



ADVISERS REFUSE TO TESTIFY IN RUSSIA PROBE

IThe top Democrat on the U.S. House Intelligence Committee described on Wednesday "a developing pattern" in which witnesses have declined to discuss events occurring after President Donald Trump's election in the panel's probe of Russia and the 2016 vote. "Some witnesses have been postponed, others canceled, and two specifically have refused to answer questions about the events in the period," Rep. Adam

Schiff said in a statement. Schiff said the committee should begin contempt proceedings if Steve Bannon, a former senior Trump adviser, continued to refuse to testify, after Bannon did not comply with a subpoena. Schiff said the committee was informed that Corey Lewandowski, a former Trump campaign manager, would refuse to reappear before the committee to testify any further, despite agreeing earlier to do so.

CONGRESSIONAL LEADERS FORGE BUDGET DEAL

2Congressional leaders, in a rare display of bipartisanship, on Wednesday reached a two-year budget deal to raise government spending by almost \$300 billion, attempting to curb Washington's fiscal policy squabbling but also widening the federal deficit. The agreement, announced by leaders of the Senate and House of Representatives, would lift caps on defense funding and some domestic spending. It

also would postpone a reckoning with the federal debt limit. Along with President Donald Trump's tax cuts that were approved by Congress, the new round of spending would further add to the bulging deficit and may face resistance in the House from Democrats as well as Republican fiscal hawks. "This bill is the product of extensive negotiations among congressional leaders and the White House," Sen. Mitch McConnell said.



TRUMP AIDE TO RESIGN AFTER ABUSE CHARGES

4White House staff secretary Rob Porter said on Wednesday he would resign following accusations of domestic abuse from two former wives. Porter, a senior adviser who is in charge of much of the documentation that goes to President Donald Trump for his signature, announced his resignation in a statement after his former wives made accusations against him in published reports. DailyMail.com quoted Colbie Hold-

erness as saying that Porter choked and punched her during their marriage. Intercept.com quoted former wife Jennifer Willoughby as saying that Porter was abusive. Reuters has not independently confirmed the claims. "These outrageous allegations are simply false," Porter said in a statement. "I have been transparent and truthful about these vile claims, but I will not further engage publicly with a coordinated smear campaign."

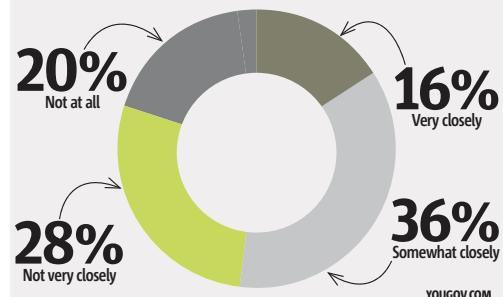
RISE IN SUICIDES AFTER ROBIN WILLIAMS' DEATH

5Suicide rates in the United States spiked almost 10 percent following the death in 2014 of actor Robin Williams, and spiked even more among men and those who ended their lives, like Williams, by suffocation, according to a study published on Wednesday. The study, published in the scientific journal PLOS One, found that in the five months from August to December 2014, some 18,690

deaths by suicide were recorded — an increase of 9.85 percent from the expected number of cases for the period. An autopsy found that Williams was suffering from Lewy body dementia, which causes a progressive decline in mental ability. Suicides following Williams' death rose by 12.9 percent in men aged 30-44, and the study found a 32 percent increase in the number of deaths from suffocation.

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The evolution of New York Fashion Week

Has Instagram killed the catwalk?



ALEXANDRA CAVALLO
letters@metro.us

Since its inception in 1942, New York Fashion Week (NYFW) has been one of the biggest events in the who's-wearing-who world. Along with shows in Paris, Milan and London, it's a mainstay of the "Big 4," where industry titans unveil über-couture collections no mere mortal could ever afford ... or pull off.

Entrance and access to NYFW used to be reserved for the super rich and influential. However, the rise of social media and the increasing popularity of street style over haute couture have dimmed NYFW's exclusivity, making both visibility of the events and accessibility of the clothes available to a far larger audience.

This month's iteration is shaping up to be one of the most unique fashion



Strike a pose — there's something to it. ALL PHOTOS GETTY IMAGES

weeks yet. Here's what we expect:

- A lot of established designers, like Rebecca Minkoff, and up-and-comers are skipping it; they're banking on the remaining Big 3, or abstaining entirely. Reasons vary, but many movers-and-shakers are creating their wears with the modern sensibility that fashion shouldn't be dictated by a 76-year-old calendar. Not

to mention the fact that furs and fleece attract little interest in Los Angeles, São Paulo and Sydney — markets no one was considering back in the early days of Fashion Week. Alexander Wang made the unprecedented announcement that while he'd keep his shows in New York, he was moving them to a June/December schedule. And if this trend takes hold, it could render NYFW obsolete.

- Major fashion houses are cancelling conventional runway shows and instead relying on Instagram influencers to share their creations. As millennial fashionistas consume clothing online, NYFW's IRL shows aren't so important.

- Models will finally get private changing areas; up until now they were expected to strip down in full view of anyone

NEW YORK FASHION WEEK FACTS

- NYFW is from Thursday, Feb. 8 to Friday, Feb. 18.
- Expect congestion around Varick and Canal Streets during this time.
- One-day VIP access passes are still available to the general public for \$1,799.
- Feel like catching a show for free, in the comfort of your most fashionable footie-pyjamas? Stream them on fashionweekonline.com/live.
- Go to nyfw.com for the complete schedule information.

backstage. This has long been industry standard, but the #MeToo moment has given models the confidence to voice misgivings they've long held about the whole thing.

- One designer who will be noticeably absent from the shows? Marchesa co-founder Georgina Chapman (you used to know her as a frequent guest judge on "Project Runway" but

now you'll recognize her as Mrs. Harvey Weinstein — for now, at least).

- Victoria Beckham's line will celebrate a decade of London Fashion Week catwalks this year, but she's eschewing NYC runways and instead hosting a series of more intimate mini-shows at the posh (spice!) James Burden Mansion on the Upper East Side.

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6 NEWS

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THURSDAY, FEBRUARY 8, 2018

NBC to broadcast Olympic coverage on LinkNYC kiosks

If you're worried about missing even a single minute of the upcoming Pyeongchang Olympics, you'll only have to find the nearest LinkNYC kiosk to see the latest highlights.

NBC Olympics, a division of NBC Sports Group, partnered with smart cities tech and media company Intersection to broadcast exclusive Olympic content on the more than 1,300 LinkNYC kiosks across the city.

NBC's digital-based content for the Olympic Winter Games, which take place in Pyeongchang, South Korea, Feb. 9 through Feb. 25, will include morning highlights, medal counts, primetime previews, schedules, real-time alerts and more.

The Olympics coverage isn't just relegated to New York City, though. Chicago residents will be able to see the content on digital urban panels



NBC Olympics partnered with smart cities tech and media company Intersection to broadcast exclusive Olympic content across the more than 1,300 LinkNYC kiosks across the city. PROVIDED

and platform displays in the Chicago Transit Authority, and Philadelphians can see it on digital bus shelters, urban panels and platform displays throughout SEPTA, PATCO and city streets.

"Whether walking the streets of New York, riding the Chicago L or waiting in Philadelphia's 30th Street Station, Olympics fans in these three cities will be surrounded by the excitement of the

Winter Games," Gary Zenkel, president of NBC Olympics, said in a statement. "Emerging media platforms like the LinkNYC network in New York City represent another way for NBCUniversal to reassemble the television audience by extending the reach of our Olympic coverage, content and promotion to spaces where the American audience now consumes media."

NIKKI M. MASCALI

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Who Should Apply?	Individuals or households who meet the income and household size requirements listed in the table below may apply. Qualified applicants will be required to meet additional selection criteria. Applicants who live in New York City receive a general preference for apartments.	<ul style="list-style-type: none"> A percentage of units is set aside for applicants with disabilities: mobility (5%) and vision / hearing (2%). Preference for a percentage of units goes to: <ul style="list-style-type: none"> o NYCHA-affiliated applicants* (25%) o Residents of Manhattan Community Board 10 (50%) o Municipal employees (5%)
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	1 bedroom	\$929	63	2 people	\$34,320 - \$45,840
	2 bedroom	\$1,121	21	2 people	\$41,040 - \$45,840
	2 bedroom	\$1,121	21	3 people	\$41,040 - \$51,540
	2 bedroom	\$1,121	21	4 people	\$41,040 - \$57,240
	3 bedroom	\$1,289	10	3 people	\$47,452 - \$51,540
	3 bedroom	\$1,289	10	4 people	\$47,452 - \$57,240
	3 bedroom	\$1,289	10	5 people	\$47,452 - \$61,860
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¹ Tenant pays electricity

² Household size includes everyone who will live with you including parents and children.

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³ Household earnings includes salary, hourly wages, tips, social security, child support, and other income.

Income guidelines subject to change.

⁴ Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies.

Asset limits also apply.

How Do You Apply?

Apply online or through mail. To apply online, please go to nyc.gov/housingconnect. To request an application by mail, send a self-addressed envelope to: **Randolph Houses North c/o The Wavecrest Management Team, 87-14 116th Street, Richmond Hill, NY 11418**. Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

When is the Deadline?

Applications must be postmarked or submitted online no later than **April 6, 2018**. Late applications will not be considered.

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

Español Presente una solicitud en línea en nyc.gov/housingconnect. Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a:

Randolph Houses North c/o The Wavecrest Management Team, 87-14 116th Street, Richmond Hill, NY 11418. En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de **6 de abril 2018**.

简体中文 访问 nyc.gov/housingconnect 在线申请。如要获取本广告及书面申请表的简体中文版, 请将您的回邮信封寄送至: **Randolph Houses North c/o The Wavecrest Management Team, 87-14 116th Street, Richmond Hill, NY 11418** 信封背面请用英语注明“CHINESE”。必须在以下日期之前在线提交申请或邮寄书面申请 **2018年4月6日**

Русский Чтобы подать заявление через интернет, зайдите на сайт: nyc.gov/housingconnect. Для получения данного объявления и заявления на русском языке отправьте конверт с обратным адресом по адресу **Randolph Houses North c/o The Wavecrest Management Team, 87-14 116th Street, Richmond Hill, NY 11418**. На задней стороне конверта напишите слово "RUSSIAN" на английском языке. Заявки должны быть поданы онлайн или отправлены по почте (согласно дате на почтовом штемпеле) не позднее **6 апреля 2018**

한국어 nyc.gov/housingconnect에서 온라인으로 신청하십시오. 이 광고문과 신청서에 대한 한국어 번역본을 받아보시려면 반송용 봉투를 **Randolph Houses North c/o The Wavecrest Management Team, 87-14 116th Street, Richmond Hill, NY 11418**으로 보내주십시오. 봉투 뒷면에 "KOREAN"이라고 영어로 적어주십시오. **2018년 4월 6일**까지 온라인 신청서를 제출하거나 소인에 찍힌 신청서를 보내야 합니다.

Kreyòl Aplike sou entènèt sou sitwèb nyc.gov/housingconnect. Pou resevwa yon tradiksyon anons sa a nan lang Kreyòl Ayisyen ak aplikasyon an sou papye, voye anvlòp ki gen adrès pou retounen li nan: **Randolph Houses North c/o The Wavecrest Management Team, 87-14 116th Street, Richmond Hill, NY 11418**. Nan dèyè anvlòp la, ekri mo "HAITIAN CREOLE" an Anglè. Ou dwe remèt aplikasyon yo sou entènèt oswa ou dwe tenbre yo anvan dat **avril 6, 2018**

العربية مظروف يحمل اسمك و عنوانك إلى: **Randolph Houses North c/o The Wavecrest Management Team, 87-14 116th Street, Richmond Hill, NY 11418**. 2018. للحصول على ترجمة باللغة العربية لهذا الإعلان طريق الإنترنت أو ختمها بخت البريد قبل **6 أبريل 2018**. على الجهة الخلفية للمظروف، اكتب باللغة ولنمودج الطلب الورقي، أرسل طلب الإنجليزية كلمة "ARABIC". يجب إرسال نماذج الطلبات عن

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Immigration activist Ravi Ragbir, pictured at a demonstration last March. GETTY IMAGES

De Blasio writes letter to ICE asking agency not to deport Ravi Ragbir

New York City immigrant rights leader Ravi Ragbir is facing deportation and Mayor Bill de Blasio is asking U.S. Immigration and Customs Enforcement to let him remain here.

 KRISTIN TOUSSAINT
kristin.toussaint@metro.us

Mayor Bill de Blasio has written a letter to U.S. Immigration and Customs Enforcement asking the federal agency not to deport Ravi Ragbir, a local immigrant rights advocate whose ICE detention sparked a rally in January.

Hundreds have voiced support for Ragbir after he was detained following a routine check-in with ICE. Community members have said that he is a pillar of the New York City community, and New York Congresswoman Nydia Velázquez brought Ragbir and his wife, also a local immigrant rights advocate, to the State of the Union in Washington.

"In his more than 20 years as a lawful permanent resident in the United States, Mr. Ragbir has made significant contributions to the city's civic life and has been widely recognized for his work as a speaker, educator, and organizer on issues related to immigrant rights," de Blasio wrote in his letter to the New York Field Of-

fice Director of ICE.

"Forcing him to return to Trinidad would not only affect his wife and child — who are U.S. citizens — but would adversely impact the larger immigrant community," de Blasio continued.

Ragbir is currently the executive director of The New Sanctuary Coalition of New York City, a faith-based immigrant rights group.

Though Ragbir's legal team won his release from detention on Jan. 29, 2018, they learned that ICE ordered him to report for deportation on Feb. 10.

Elected officials and community organizers have called Ragbir's ICE detention part of a "retaliation" effort by ICE against outspoken immigration activists.

The mayor noted in his letter that though ICE claims to prioritize deportation for those who "pose a public safety risk," the actions a g a i n s t R a g b i r raise concerns about how the agency may be targeting immigrants.

"These activities not only create fear in immigrant communities, but undermine public safety," de Blasio wrote. "When ICE takes aggressive action against leaders in immigrant communities, it casts a chilling effect on immigrants' willingness to engage with government and law enforcement generally, undercutting that trust."

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The project to reconstruct three bridges at the interchange of the Long Island Expressway and the Grand Central Parkway began in the spring of 2015. ISTOCK

Cuomo: Bridge reconstruction on LIE/GCP reaches final phase

The \$58 million reconstruction of three bridges at the interchange of the Long Island Expressway and Grand Central Parkway has been completed, Gov. Andrew Cuomo announced Tuesday.

The work began in the spring of 2015 and included highway improvements on the LIE between GCP and

growth for the entire Empire State."

The bridges that were reconstructed as part of the project include the LIE mainline over the GCP and eastbound and westbound LIE service roads over the parkway. Replacing decks and steel structures for all three bridges, bridge widening and adding shoulders to

"These vital improvements will help ease congestion at this busy interchange for motorists while offering those traveling to LaGuardia and JFK a smoother commute."

Gov. Andrew Cuomo

College Point Boulevard in Queens.

Traffic entered its final pattern this week, nine months ahead of schedule, and the project will be fully completed by spring. About 350,000 vehicles use the GCP/LIE interchange on a daily basis.

"These vital improvements will help ease congestion at this busy interchange for motorists while offering those traveling to LaGuardia and JFK a smoother commute," Cuomo said in a statement. "By modernizing and strengthening Queens' transportation infrastructure, we help to meet the demands of the 21st-century traveler while spurring economic

the bridges were also part of the project.

Additionally, to help reduce gridlock, the westbound entrance lane from the Van Wyck Expressway to the westbound LIE has been extended.

Lighting along the LIE mainline and service roads between College Point Boulevard and the GCP and beneath the LIE and GCP have also been upgraded to new, energy-saving LED lighting.

Installing concrete barriers, restoring pavement and resurfacing roadways, including from 112th Street to east of College Point Boulevard, are part of the work left to complete the project this spring. NIKKI M. MASCALI

THE MET

Judge: New York's Met can keep Picasso sold during Nazi flight

A U.S. judge has dismissed a lawsuit seeking the return by the Metropolitan Museum of Art in Manhattan of a Pablo Picasso masterpiece that a German Jewish businessman was allegedly forced to sell at a low price to fund an escape from the Nazis and fascism.

U.S. District Judge Loretta Preska in Manhattan on Wednesday said the great-

grandniece of Paul Leffmann, who once owned "The Actor," could not show under New York law that he sold the painting under "duress," justifying its return to her family.

The great-grandniece, Laurel Zuckerman, who oversees the estate of Leffmann's wife Alice, had alternatively sought more than \$100 million of damages over "The Actor," from Picasso's Rose Period in 1904 and 1905.

Lawrence Kaye, a lawyer for

Zuckerman, had no immediate comment on Preska's 50-page decision. The museum also had no immediate comment.

The lawsuit is one of many seeking to reclaim art taken or sold after Adolf Hitler took power in Germany in 1933.

It said the Leffmanns fled Germany for Italy in 1937, and the next year Paul Leffmann sold "The Actor" to two art dealers for \$12,000 to fund an escape to Switzerland from the Fascist regime of Benito Mus-

solini, a Hitler ally.

The Met acquired "The Actor" in a 1952 donation, but did not acknowledge Leffmann's ownership until 2011, after decades of incorrect cataloguing, the lawsuit said.

Zuckerman said the circumstances of the 1938 sale meant her family never lost title. The Met had expressed sympathy for the Leffmanns' plight, but said Paul Leffmann sold "The Actor" at a fair price and not because of persecution. REUTERS

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New York City - Nothing is more true. A life with constant pain is not a life worth living. And if you can't stay active and do all the things you love - like walking, playing golf, tennis, vacationing etc. It's not really a life at all.

...the Pain Is More Like A Prison

And for generations, knee arthritis has given good, hard working people a life sentence of pain and suffering. To make things worse, slick marketers only add to the pain by promising wonder cures. Late night television and your mail box are filled with "wonder arthritis cures" that make wild claims and sound too good to be true . . . **Because They Are**

Nothing is worse than getting your hopes up - spending your hard earned money - only to be let down time after time.

It is easy to give up...

But while marketers were peddling "wonder cures," real doctors and researchers were hard at work trying to discover a real medical solution. Modern medicine eradicated small pox and polio. Through laser eye surgery, doctors can give almost blind people perfect 20/20 vision. The potential cures on the horizon with breakthroughs like stem cell and regenerative therapies are endless.

Solve The Riddle Of Arthritis Pain?

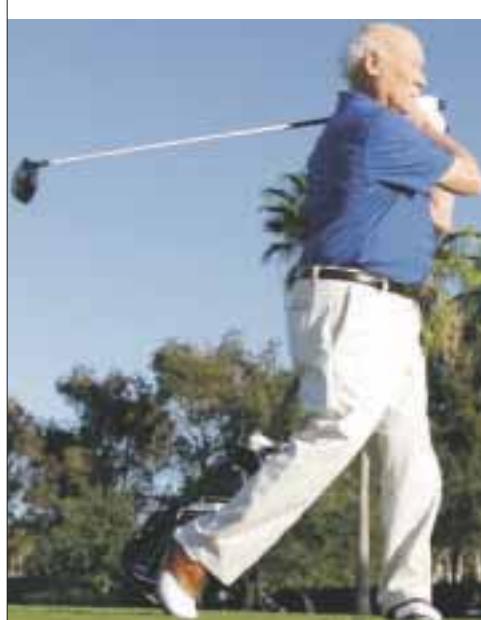
For the past 3 years, that's exactly what a medical clinic in New York City has been doing. The **NYC Pain MD** doctors have been able to help thousands of knee arthritis sufferers with cutting-edge treatments and technology older generations could only dream about. One of these treatments in particular has helped thousands of patients ease or eliminate pain and go back to doing their favorite activities like: walking, playing golf, tennis and many more. The treatment is called viscosupplementation. *But wait*. This is NOT the typical viscosupplementation. So if you are one of the many knee arthritis sufferers who already had viscosupplementation and did not get great results - what you are about to discover should be very important, to you in particular. It might even get you out of pain.

Here is why: During viscosupplementation, a special lubricating gel is put directly into your arthritic knee joint. This not only helps the knee joint to glide more smoothly, it acts as a cushion, protects the joint, and relieves a lot of pain. This is often referred to as "joint oil." In many cases, when done properly, this can dramatically lessen knee pain for up to 6 months and much longer in many cases.

And even better - if this treatment works for you the first time - it can be safely repeated when necessary and the results are often better for some.

Like Threading A Needle?

The key to this treatment being successful is actually getting the special lubricating gel directly into the joint where it can go to work. That's why the doctors at **NYC Pain MD** use very advanced digital imaging that allows them to see directly into the joint and make sure the lubricating gel "hits the spot" and the treatment has the best odds for success. Studies show that doctors doing these types of procedures without this special imaging actually miss the joint space up to one third of the time!



"I've had trouble with my knee walking. I'm a golfer and want to play golf but I couldn't. I made the call and went and it's the best thing I ever did. It's just - now I can play golf, I can walk, I can climb stairs, I can do things I did many years ago".

"It's the smartest thing ever did" "Since I've been going for the treatment for my knees I don't take any pills, I take not over the counter medication.."

"This a good alternative to surgery." "I am so glad I went. I'm so confident I feel so good about it and I recommend It to everybody."

William La Spina . Golf Enthusiast

(While we cannot guarantee that all knee arthritis pain sufferers will respond like the patient noted above, we can say these results are possible.)

Why Treatment Can Fail

This is why viscosupplementation can fail for some people. It is also why many knee arthritis sufferers come to **NYC Pain MD** after failed treatments elsewhere... and are finally able to get relief. It is not uncommon for patients to travel hours for these advanced and precise treatment methods.

Patients Should Be Assured About Prescension Treatments

If you have already had this procedure without this advanced imaging... Or if it was not used throughout the procedure, there is a good chance you did not get the maximum results you could have and should have.

What The Research Says About Results:

Can We Slow Down Arthritis? A retrospective study of nearly 1000 cases of knee arthritis between 49 and 79 years old was done by an orthopedic surgeon in Louisiana. Patients with Grade 4 or "bone to bone" who presented for consideration of knee replacement were instead put on a program of image-guided gel injection procedures. Follow up almost 4 years later revealed that about 3 of 4 had done well and had not need surgery...regardless of age or even if overweight.

Another study was done by Pearl Diver research group who reviewed 198,000 files of those who underwent this type of treatment. Follow up 2 years later revealed 82% had not required surgery.

Massive Cost Saving For Patients, Insurance Companies & Medicare?

While surgery may be the best option for some...for others, due to fear of surgical risk, medical ailments that may prohibit surgery or for those that are just seeking less invasive alternatives, the costs savings can be staggering. In a study published in the American Journal of Managed Care, a potential savings of \$4706.00 per patient if treated with viscosupplementation was estimated. In a theoretical population of 100,000 (NYC is over 10 million) over a 3 yr. period, 808 knee replacements were projected to be avoided and up to \$9,131,819 could potentially be saved by patients, medicare and insurance carriers. *This should be welcome news for rising health care costs.*

Who Can Benefit From This Treatment?

This treatment is not for everyone. But it may be for you if you have sensations of grinding or rubbing, pain on simple weight bearing, getting up from sitting or even simply

Treatments Their Parents Could Only Dream About

Patients Go Home With Just A Band-Aid On The Knee... No Surgery - No Hospital

when bending your knees, struggling up and down stairs (like subways), have pain on walking, feel tight and stiff after activities or in the morning or just cannot move like you used to. If this sounds like you, then seeing one of the specially trained doctors at **NYC Pain MD** could be the best thing you could do for yourself. But it is suggested you do not wait as arthritis can easily worsen with more time.

And this is very important - especially for those who have had viscosupplementation in the past without good results. Many patients who did not have good results elsewhere are often able to get a favorable results because of the advanced imaging technology and procedure experience at **NYC Pain MD**.

Even doctors themselves are often patients at NYC Pain MD.

How to Find Out If The Experts At NYC Pain MD Can Help You

If you have knee arthritis pain and would like to see if this treatment might help you - the experts at **NYC Pain MD** offer a complimentary screening appointment.

This screening will help determine if you are a candidate for treatment and also gives you a chance to get all your questions answered.

If you are a candidate, you will leave knowing that you found the possible way to lessen or even eliminate your knee pain for 6 months or more for many patients.

There is no obligation and if you are not a candidate - the doctor will help you find the best approach for your particular case and refer you to the proper sources. To set up a screening at no cost, simply call **800-741-5340**

The NYC Pain MD 'X' Factor ?

NYC Pain MD is a high-tech medical facility equipped with all the necessary equipment to treat appropriate candidates right in their own in-office procedure suites. What does this mean for you? It means no stressful hospital, no intimidating surgical center or out patient facility visits.

This also means you don't have to be "Rich and Famous" because by avoiding all those "fancy" facilities you don't have to bear their severe costs which can often be several times the cost of the treatments themselves. Your experience is far more relaxing with personalized attention. The treatment is gentle. You will go home with nothing but a one inch band-aid on your knee. Many go home or right to work after these virtually painless treatments. There is little to no downtime .



The Secret To Knee Pain Relief? With precision advances in medical science and technology the caring doctors at **NYC Pain MD** have been able to help so many relieve their pain and get their active lifestyle back.

How To Get A No-Cost Screening & Find Out If This Knee Arthritis Treatment Is For You

The popularity of this treatment is startling. New Yorkers are lining up weekly to find out if they are candidates... patients looking for options other than surgery that really work. But because this is a real medical treatment - it is not for everyone. That's why the experts have setup an easy screening visit.. This screening will help determine if you are a candidate for additional examination and possible

treatment. This screening is offered at no cost to the patient. All your questions answered and you will find out if this treatment is for you. Zero risk or obligation. Just call 800-741-5340 Tell them, "I would like the knee screening." They will take care of everything. Due to demand, spots are limited - call immediately to avoid unnecessary waiting. The number to call is: 800-741-5340

More Good News About Insurance: Many insurances including Traditional Medicare (part B) help cover modest to significant portions of these care programs

To set up a complimentary screening, just call **800-741-5340**. But if you want a screening, we recommend calling right now. Due to time limitations, the center can only offer a limited number of screening per month. They decided to limit the number because they believe in giving every patient the individual time and attention they deserve.

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Cornell University has recently seen a scandal involving an on-campus fraternity. iSTOCK

NY frat put on probation for campus ‘pig roast’ sex contest

Yep, you read that right.



SAM BRODSKY
Samantha.Brodsky@metro.us

Cornell's Kappa Chapter of Zeta Beta Tau (ZBT), the world's first "inclusive Jewish organization," was put on two years probation for partaking in a "pig roast." No, not for cooking a boar on a spit — for participating in a contest that rewarded members for sleeping with the heaviest women on campus.

The "roast" was uncovered after Cornell's Office of Sorority and Fraternity Life (OSFL) investigated misconduct reports from 2017. The investigation concluded in January of this year and revealed that new members of ZBT "could accumulate 'points' by engaging in sexual intercourse with women," reads a report released by the school.

"In the event of a tie, additional points were awarded to the new member who had had sex with a woman who had weighed the most," the report continues, adding that members "were told not to inform the women of the contest."

In addition to their two-year "probationary recognition," the chapter will be required to participate in Cornell's Sexual Assault Awareness Week, hold monthly meetings with the OSFL and conduct a "full chapter brotherhood review." Their national organization will also be required to conduct an external review.

ZBT National told Metro in a statement that they "simply will not tolerate the objectification or degradation

of any human being," and in their review, should they find that members "are not on board with our focus on healthy relationships, they will be removed from the fraternity."

Cornell's Interfraternity Council (IFC) President Paul Russell told The Cornell Daily Sun, "We think the IFC and the Office of Sorority and Fraternity Life are uniquely poised to respond to this type of activity because we can and have mandated that the chapter now participate in programming to educate their members about sexual misconduct and help them to foster a healthy culture."

When asked to comment on the probation and "pig roast," Cornell's Kappa Chapter of ZBT directed Metro to a statement both issued to The Daily Sun and posted on Facebook last week.

"In response to the allegations detailed yesterday in the Cornell Daily Sun, the brothers of the Kappa Chapter of Zeta Beta Tau would like to first and foremost express our mutual disgust along with those who feel hurt or victimized," the statement read.

IFC Executive Vice President Luke Bianco told Metro, "The members of this institution, both those who participated in this practice and those who simply stood by and did nothing, are widely recognized as problematic," stating that the IFC recognizes the "advantage in maintaining their [ZBT] chapter in order to efficiently manage the distribution of training with regards to sexual violence prevention." Bianco clarified that getting this chapterwide education wouldn't be required had ZBT been removed from campus.

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In recent weeks, Trump and some Republicans in Congress have tried to cast suspicion on the Russia investigation. GETTY IMAGES

Poll: Majority of voters say Trump has tried to 'derail or obstruct' the Russia probe

A new poll shows that 53 percent of American voters believe that President Donald Trump has tried to "derail or obstruct" special counsel Robert Mueller's investigation into potential links between Trump's 2016 presidential campaign and the Russian government.

In the Quinnipiac poll released Tuesday night, 50 percent of respondents said they believed that the Russia investigation was legitimate, compared to 42 percent who said it was a "political witch hunt" — an argument made by Trump, his associates and members of the GOP. Among independent voters, the number who said the probe was legitimate was higher: 54 percent said it was; 39 percent said it wasn't. When asked if Trump had tried to "derail or obstruct" the Russia probe, 56 percent of independents said he had, and 37 percent said he hadn't.

When asked whether Republicans in Congress were also trying to derail or obstruct Mueller's investigation, numbers were more mixed: 46 percent of overall voters said they were; 42 percent said they weren't.

In recent weeks, Trump and some Republicans in Congress have tried to cast suspicion

on the investigation, claiming that the FBI harbors an anti-Trump bias. But voters aren't buying it: 55 percent say the bureau is not biased against Trump, while 33 percent say it is. Overall, voters approve of the way the FBI is doing its job, 48 percent to 36 percent — that's up two points since January.

And ultimately, 55 percent of respondents said they didn't trust Trump to do what's right. (But 57 percent said they didn't trust the media to do what's right either). Whom they do trust: 67 percent said they trust the courts, and 61 percent trust the intelligence agencies.

"Special Counsel Robert Mueller is not out to get President Donald Trump," American voters say, but they do feel the president is out to get Mueller," said Tim Malloy, assistant director of the Quinnipiac University Poll. "And almost half of voters think Republicans in Congress are trying to obstruct the Russian investigation. Despite the beating they've taken from the White House, the judiciary and the intelligence communities are considered a lot more trustworthy than the Oval Office and the Fourth Estate."

MICHAEL MARTIN

NYC REAL ESTATE

Nasdaq to move New York headquarters to Times Square from downtown

Nasdaq Inc. said on Wednesday it would relocate its global headquarters from downtown Manhattan to midtown, expanding its lease at the Times Square office tower from where it broadcasts the market opening and closing bell ceremonies.

Nasdaq will expand its space fivefold at 4 Times Square, a 48-story tower owned by The Durst Organization. The building,

built in 1999, recently underwent a \$140 million renovation that included a new entrance and lobby, among other upgrades.

The exchange's larger presence in the heart of Manhattan will drive its brand forward and offer an "unparalleled experience" for its clients, Nasdaq said in a statement.

Nasdaq's plans include a state-of-the-art corporate event space on the 10th floor with the capacity to host more than 400 people and feature an outdoor

terrace overlooking Times Square, the company said.

The 15-year lease for 145,000 square feet includes an extension of the current 24,000-square-foot MarketSite lease. Financial terms of the transaction were not disclosed.

Times Square is a major tourist destination and a magnet for retailers' flagship stores. Commanding more than \$2,000 a square foot — the highest price for retail space in Manhattan after Fifth Avenue — it remains

in strong demand for both retail and entertainment.

Nasdaq last week posted higher-than-expected fourth-quarter earnings amid a rise in revenue from non-trading related businesses, now a bigger part of the exchange's strategic focus.

Nasdaq was represented by Michael Ippolito of Newmark Knight Frank and Robert Tanzman of Cushman & Wakefield. Durst was represented in-house by Tom Bow, Rocco Romeo and Tanya Grimaldo. REUTERS



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Surprising bat genetic trait holds key to longevity



Eighteen species of bats are longer-lived than humans relative to body size.
GETTY IMAGES

Bats are the longest-lived mammals relative to body size, and a species called the greater mouse-eared bat lives especially long. Researchers now have unlocked some of this bat's longevity secrets, with hints for fighting the effects of aging in people.

Scientists said on Wednesday that unlike in people and most other animals, in this bat species the structures called telomeres at the end of chromosomes, thread-

like strands inside a cell's nucleus that carry genes determining heredity, do not shorten with age.

Only 19 mammal species are longer-lived than humans relative to body size. Eighteen of them are bats, some living more than four decades. The other is an African rodent called a naked mole rat.

The researchers identified two genes in the greater mouse-eared bat that may be responsible for its unique longevity adaptation. These

mechanisms could be the focus of future studies on aging, with an eye toward extending healthy lifespans in people, the researchers said.

Telomeres are protective caps at the ends of chromosomes that shorten each time a cell divides. This drives the natural aging process, leading to a breakdown of cells that over time can drive tissue deterioration and eventually death.

"Studying exceptionally long-living mammals that have naturally evolved mechanisms to fight aging is an alternative way to identify the molecular basis of extended 'health spans,'" said biologist Emma Teeling of University College Dublin in Ireland, one of the study leaders.

"Bats are an exciting new model species that will enable us to identify new molecular mechanisms that drive healthy aging."

REUTERS

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'Permission' is an uncomfortable rom-com – and proud of it

Rebecca Hall and Dan Stevens talk subverting the dormant genre of romantic comedies with their new film.



GREGORY WAKEMAN

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When do you know that you're with the right person? Do you ever? Those are the questions that "Permission" examines in a nonjudgmental, amusing and at times even moving fashion.

The film follows Anna (Rebecca Hall) and Will (Dan Stevens), a seemingly happy couple in their early 30s, who are on the brink of engagement. But after Anna's brother Hale (David Joseph Craig)

and his boyfriend Reece (Morgan Spector) remind the duo they have only ever slept with each other, they soon decide to embark on an open relationship — a move that exposes their insecurities.

Over the phone, Stevens admits that he has been intimately linked with the film since before writer and director Brian Crano even dreamed up the idea. "I have known both Brian and Rebecca for 10 years," he says. "I feel like I have grown up with them. These characters, through our permission, are based on our relationships or our friends' relationships."

As a result, Stevens found making "Permission" and re-exploring this period of his life both "important and quite

beautiful."

Meanwhile, Hall's role as producer allowed her to assist Crano in the evolution of the film. "[We] had lots of conversations leading up to the script that r e v o l v e d around coupling," she says.

"Because even though we currently live in a very sophisticated age of relationships, there is still this very quiet pressure on couples that have been together for a while to get married. But if they question that, there is a

sense that they are a failure, rather than it being good."

The actress also notes that she "wanted to tell a story about a conventionally good woman that makes a decision that isn't what is expected of her in order to figure out who she is."

Rather than being a film about the morals or the ins and outs of taking part in an open relationship, "Permission" focuses on how it improves the self-development of its characters.

"For a lot of people, it does work," Hall says. "For this, though, Brian was amused that he kept seeing people that weren't able to split up. They were unable to have a straightforward conversation about doing that."

For Hall and Stevens, this made the film the perfect fodder for a rom-com — even if in recent years the genre has become dormant.

"It has often been said that the romantic-comedy genre is dead," Stevens says. "But I don't think that romance is dead. And I don't think that comedy is dead. I think that comedy shifts every 10 years or so. And maybe romance is like that, too."

Hall adds, "What we really want everyone to be left with is to laugh and be moved, and to be quite uncomfortable so that they are forced to have awkward conversations with their partners."

"Permission" will be released in select cinemas in New York and on-demand Friday, Feb. 9.



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The 'Altered Carbon' finale was a hot mess

With a hectic finale, the promising series goes south.


RACHAEL VAUGHAN CLEMMONS
rachael.clemmons@metro.us

"Altered Carbon" — Netflix's latest offering — is beautiful in its neo-noir cyberpunk glory, but trying to do far too much. That could all be forgiven, of course, thanks to pretty enjoyable performances from Joel Kinnaman (as Takeshi Kovacs), Martha Higareda (as Kristin Ortega) and, c'mon, I loved me some Chris Connor as the delightful, loyal Poe. But then, there was the finale. And, dear reader, it went a step too far.

The series started out as a basic ass murder mystery: Former Envoy Kovacs is resleeved into a new body by Laurens Bancroft (James Purefoy) to solve's Bancroft's own murder. But as "Altered Carbon" continues, things get increasingly complicated — Kovacs discovers he was resleeved into the body of Elias Ryker, a man that just so happens to be Ortega's unhinged boyfriend. There's a secret prostitution ring, but instead of sex, Bancroft pays to permanently

murder the life out of unwitting victims. Oh, and also? Turns out Kovacs' thought-to-be-dead sister Rei (Dichen Lachman) is responsible for all the bad stuff that's going on in Bay City. Still with me?

The finale tries its best to wrap up all one billion of those plots, but every ending is unsatisfying and rushed. And a lot of that blame can be firmly perched on the shoulders of Rei: As far as big bads go, she's just an immature little sister type with abandonment issues and a very stupid grudge. Despite being literally the most powerful person in the world, she spends the last episode of "Altered Carbon" mumbling and grumbling and yelling about how much she hated her parents and how Kovacs never paid her enough attention. For each of her many snarls, I wondered to myself: What is she talking about? Also, why?

But it's not just Rei. The episode has the nerve to set up a romantic union between Kovacs and Ortega before abruptly snatching it away, with Kovacs helping Ortega set up her home for Ryker's return. One second, they're embracing, Ortega heartened to see Kovacs alive



Rei, Kovacs' little sister, is to blame for many of the finale's transgressions. NETFLIX

once more; a couple of scenes later, he's leaving for good, promising to return Ryker's sleeve so they can be together again. It's agonizing. They could have at least made out a little bit.

Another thing? The series never manages to touch on its problematic racial dynamics. Kovacs is a muscular Asian dude in the body of an even more muscular white man, and that is never, ever touched upon. Go on and enroll "Altered Carbon" in the "Ghost in a Shell" school of whitewashing, I guess.

As much as there were good things about the series — its diversity, inventiveness and the way it questioned the morality

of an increasingly digitized world — the finale of "Altered Carbon" made me regret watching the whole thing. Not to be dramatic, but I wouldn't mind getting those 10ish hours of my life back.

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Fall in foodie love



Rahi PROVIDED



things
to do



Eden Local PROVIDED

These newcomers to the city's dating scene offer up some serious romantic vibes for Valentine's Day.



EVA KIS
eva.kis@metro.us

The Osprey

There's seasonal, and then there's springs of flowers in your cocktail served in a park. The middle of winter is the best time to reconnect with nature, and former

Locanda Verde chef Michael Oliver puts it all on the plate at The Osprey, with floor-to-ceiling views of Brooklyn Bridge Park to boot. Valentine's specials like cavatelli with roasted chestnuts and Berkshire pork duo with heirloom grits will be served all weekend, and as a \$95pp prix fixe on the day. 1 Hotel Brooklyn Bridge, 60 Furman St., first floor, theospreybk.com

Don Angie

Angie Rito and Scott Tacinelli's Don Angie was worth waiting for, with

modern Italian-American dishes that are retro-cool while raising the red sauce game in this town by a few notches. Sharing is always a tricky thing with food, but the lasagna for two is plenty enough for two, while the enchanting two-toned Buffalo Milk Caramelle beats any heart-shaped dessert in town. 103 Greenwich Ave.

Rahi

Reimagining Indian food with New York ingredients has won Rahi accolades from West Villagers, with artful plates and

mix-and-match flavors from both cuisines. Their hospitality is on point as well, in a dining room that's bustling without overbearing your conversation. For Valentine's Day, get ready to feel the love with the Aphrodisiacs, a five-course pre-fixe menu (\$75pp with vegetarian options) with highlights including lotus root kofta and Kashmiri lamb ribs. 60 Greenwich Ave., rahinyc.com

Dante

It's rare for a reboot of a restaurant to be as

of-the-moment as its predecessor, but the new Dante has not only pulled it off, but made itself an essential destination for those early dates when things are still pretty new but you like each other enough to share a sit-down meal (over some excellent cocktails). On Valentine's Day, the prix fixe (\$65pp) opens with a rose petal martini, then rolls out three courses of new favorites like burrata with figs and kingfish crudo. 79-81 Macdougal St., dante-nyc.com

Eden Local

Midtown West newcomer Eden Local feels like walking into a sexy version of the Biblical garden where you're definitely encouraged to indulge your fantasies. Don't worry, there's no catch either — chef David Laris grew up on a farm and maintains that his ingredients be locally sourced and organic. For its first Valentine's Day, the restaurant is leaning into its name with an \$85pp prix fixe featuring butter-poached Maine lobster and a flaming brandy-kissed beef ten-

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Quirky Korea

Get to know South Korea, home of the 2018 Winter Olympics.

Fodor'sTravel

Mr. Toilet House

In Suwon, just south of Seoul, lies the toilet-themed Haewoojae Museum, set in a giant toilet-shaped house. Built as the home of Sim Jaedeock, a sanitation-minded mayor who worked to change public health standards in the city, upon his death in 2009 his family donated the unusual house to the city, and it was turned into a museum. In addition to exhibits outlining toilet history in Suwon and worldwide, there's a sculpture garden of commodes from times past.

Wear a hanbok at Gyeongbokgung Palace

There's nothing quirky about a visit to Gyeongbokgung Palace, unless you're wandering the tranquil grounds dressed in a colorful hanbok, the traditional Korean-style clothing comprised of billowing skirts or pants. Hanbok rental stands have popped up around the palace providing clothing by the hour, and are all the rage to help visitors get in the spirit of the Joseon dynasty, during which Gyeongbokgung was built in the 14th century.

Serene moments mix with modern excitement in South Korea. PROVIDED

Picnic at Penis Park

A collection of phallic statues stands erect at Samcheok Haesindang Park on the country's eastern coast. Legend has it that a maiden drowned in a cove near the small fishing village before she was able to consummate her marriage, and her anger at being cheated out of love caused the fish to disappear. In a desperate attempt to appease the young woman, the villagers erected penis-shaped statues in the hopes of lifting the curse, and the fish eventually came back.

Sample Korea's favorite food at Museum Kimchikan

Fans of the fermented cabbage dish will want to visit Museum Kimchikan in Seoul. Set amid the traditional buildings and souvenir shops in Insa-dong, this tasty museum features exhibits about the history and making of kimchi, one of Korea's most beloved foods. Tours are offered in English, and visitors can taste myriad kimchi varieties from different regions of the country.

Wonder at Tumuli Park

Gyeongju is the ancient capital of Korea's Joseon Dynasty, which ruled from the 14th through 19th centuries, and is of-

ten described as an open-air museum. In addition to historical remnants such as the 8th-century Bulguksa Temple and the Seokguram Grotto, a stone-carved Buddha, and UNESCO Heritage site, the city is home to the Daereungwon Tomb Complex, also known as Tumuli Park. The stark landscape features otherworldly rolling hills, which are actually giant burial mounds housing ancient royalty.

Take a selfie at Busan Gamcheon Culture Village

Known as Korea's Santorini, the southern port city of Busan is home to Gamcheon Culture Village,



bright, street art-filled neighborhood that's been compared to Machu Picchu because of the steep climb visitors must take to reach it. Artistic residents of this hillside enclave have decorated the walls and alleys with



Rent a traditional Korean outfit to stroll the grounds of Gyeongbokgung Palace. PROVIDED

colorful, picturesque murals, making it one of Busan's most Instagrammed locations.

Go rail biking in Jeongseon

Just south of PyeongChang in the mountainous region of Jeongseon, a disused stretch of railway tracks has been repurposed into a rail bike track. The pedal-powered contraptions follow the tracks on a four-and-a-half mile circuit through the mountains. Quirky cafes have popped up along the route to replenish tired bikers, the most notable of which are shaped like fish and grasshoppers.

Ponder the sculptures at Love Land

The southern island of Jeju is known as Korea's version of Hawaii, and is home to Love Land—a

very unconventional, sex-inspired theme park. It's not surprising that visitors must be at least 20 years of age to enter, as the park's various sculptures, exhibits, and artwork feature erotic themes and poses, and the gift shop houses all manner of trinkets that would make Walt Disney blush.

Eat bondaeji

Bondaegi—dried silkworm carcasses—are a typical Korean bar snack popularly accompanying soju, Korean rice whiskey. For a local treat, head to any of Seoul's ubiquitous convenience stores, such as Family Mart or Buy the Way, to grab a can of the grubby treats, or get them freshly stewed from one of the city's countless street food vendors.

Stay at the Sun Cruise Resort

Overlooking the East Sea in an area known for

spectacular sunrises, the Sun Cruise Resort is an upscale hotel set in a 540-foot long, 211-room structure that resembles a cruise ship run aground. Complete with restaurants, a revolving bar, a nightclub and a saltwater pool, this cliff-top vessel turns heads and creates a peculiar coastal landscape.

Eat and drink at Ddo-ong Cafe

In Korea, poo symbolizes prosperity and good fortune, and dropping-shaped dolls and cartoon characters are considered the epitome of cuteness. In coffee-crazed Seoul, there's even a feces-themed café. Despite the initial ew-factor, the whimsical (if offbeat) ambience—decorated with toilets, miniature plungers, and smiling cartoon droppings—this quirky coffee shop also serves up crap-shaped scones and lattes in toilet-shaped mugs.





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Patisserie de Resistance



L'Eclair de Genie lives up to its very promising name. PROVIDED

These are the bakeries to know in the French capital right now.

Fodor's Travel

Cedric Grolet is at the helm of the pastry kitchen at one of Paris' top luxury hotels, Le Meurice. It is here that he has become famous not only for his beautiful, wholly Instagrammable creations (including an ambitious pastry Rubik's Cube!) but also for his reinvented French pastry classics, like a lemon tart with olive oil vinaigrette. His pastries stand out for featuring surprisingly little sugar despite Grolet's expertise in sugar art — he won the National Trophy in 2005.

Nomos

Guillaume Sanchez was a fan favorite in the most recent season of the French Top Chef, and at his restaurant Nomos he continues to surprise and captivate diners with sweet and savory pastry creations. The spare Scandinavian design of the restaurant mirrors the

cuisine, heavily inspired by Denmark's culinary revolution. This chef's unbridled imagination is just barely harnessed by his firm grasp of classic technique; coconut mousse with mint sorbet and dehydrated yogurt shavings, or marinated fennel with lemon butter, tea ice cream, and citrus caviar may be some of the desserts on the six- or nine-course tasting menu.

L'Éclair de Génie

Christophe Adam has long been a wunderkind of the pastry scene, and with the establishment of his Éclair de Génie stores, he also launched the trend of pastry shops specializing in only one sweet treat. In Adam's case, this sweet treat is the éclair: a pastry whose name translates to "lightning" (as in: eaten faster than a bolt of lightning). The perfected *pâte à choux* encases flavor combos far more interesting than the classic chocolate or coffee, ranging from orange-pistachio to single-origin Tainori dark chocolate to Adam's personal favorite, salted butter caramel, a nod to his Breton roots.

You can now also
find Adam at Dépôt
Légal, his new breakfast,

straints of tradition with a stark, almost industrial interior that was the perfect showcase for Castel's pastry creations. While Liberté is still a favorite for some locals, Castel has since moved on to found his eponymous shop, where he has combined his love of both Paris and New York in his personal recipes for pastries like classic French cream tartlets and New York cheesecake.

Yann Couvreur

Yann Couvreur earned his stripes in some of Paris' top restaurants before opening his pastry shop, where he offers French pastry classics like a truly excellent lemon tart, as well as a handful of surprises, including a mocha-anise éclair in an innovative rectangular shape.

The millefeuille that made Yann Couvreur famous when he was the pastry chef at the Prince de Galles can also be found at this shop: a combination of buckwheat *kouign amann* and unctuous Madagascar vanilla cream assembled to order. But be careful! Couvreur makes only 50 of these a day, and when they're gone, they're gone.

Du Pain et Des Idées

We couldn't keep Christophe Vasseur's Du Pain et Des Idées off this list, even if Parisians would be aghast at its inclusion: You see, this shop does not actually deal in pastry, but rather in viennoiseries, a separate category including croissants, pains au chocolat, and the house specialty: escargot. The snail shells

A circular close-up photograph of a dessert, possibly a mousse cake or tart, featuring a golden-brown base layer, a smooth cream-colored middle layer, and a top layer covered in crushed nuts and a single whole hazelnut.

Plaza Athenee
PROVIDED

lunch and brunch spot where he makes a mean *kouign amann*, a Breton cake whose name literally translates to butter cake (it delivers on the promise).

Benoît Castel

Pastry chef Benoît Castel made a name for himself at Liberté in the 10th arrondissement, a pastry shop that was decidedly “liberated” from the con-

Kristaps Porzingis' injury might have sparked a Knicks fire sale

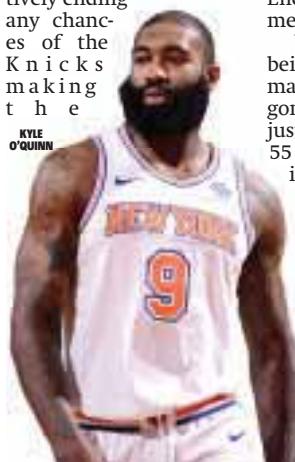
Without their All-Star, the Knicks look to be packing it in before today's NBA's trade deadline.



JOE PANTORNO
@JoePantorno
joseph.pantorno@metro.us

Kristaps Porzingis' season-ending ACL injury suffered on Tuesday night against the Milwaukee Bucks looks to have sped up the process of the Knicks selling at the trade deadline.

Just hours after it was announced that the All-Star was done, effectively ending any chances of the Knicks making the



KYLE O'QUINN

postseason, New York traded young center Willy Hernangomez to the Charlotte Hornets for Johnny O'Bryant and two second-round draft picks in return.

Porzingis' injury could have opened up more playing time for Hernangomez, who has been stapled to the bench for most of the season.

After showing flashes of becoming a productive center in the league last season, averaging 8.2 points and seven rebounds per game in just over 18 minutes per night, Hernangomez lost the starting job after the Knicks acquired Enes Kanter in the Carmelo Anthony trade.

With Kyle O'Quinn being used as Kanter's main backup, Hernangomez has appeared in just 26 of the team's first 55 games while averaging just nine minutes with 4.3 points and 2.6 rebounds per game. Those numbers are almost identical to O'Bryant's numbers as he's averaging 4.8 points and 2.6 rebounds in 10.5 minutes per outing.

But at 23 years old, Hernango-



The Knicks have been busy on the market since Kristaps Porzingis' injury on Tuesday night. GETTY IMAGES

mez's upside made him an attractive target on the trade market as multiple teams inquired about his availability, leading his representation to ask for a trade on Tuesday.

Given that upside though, the Knicks are getting a somewhat overwhelming return.

The frontcourt could be worn down even thinner before Thursday's trade deadline.

League executives have told Ian Begley of ESPN New York that the Knicks are still taking calls for O'Quinn and

guard Courtney Lee, as well as center Joakim Noah. Granted, Noah's monster contract and off-court issues will make him a tough sell.

O'Quinn, like Hernangomez and Kanter, generated plenty of buzz on the trade market as teams have been inquiring about New York's big men for the better part of the last two weeks. The Warriors were one of the most notable teams interested in O'Quinn.

Now in his sixth NBA season, he has become a fan favorite at Madison Square Garden as his high-energy play off the bench earned him the main backup role behind Kanter, which forced Hernangomez's playing time to dwindle near nothing, prompting a trade request that was answered by the Knicks earlier on Wednesday.

Lee is in the midst of putting up a career year, averaging 13.3 points per game while shooting nearly 42 percent from three-point range. While he's signed through the 2019-20 season, his availability on the market could be showing the

Knicks' true intentions, though it might be rash to start throwing the word "tank" around.

Granted, the idea of selling Lee while his value is highest could only help the Knicks assemble future assets to help build the team, especially if they have a high lottery pick.

That's a very real possibility now without Porzingis as the rest of New York's 2017-18 campaign will likely be a brutal stretch.



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MIKAELA SHIFFRIN

ALPINE SKIING

DOB: 3/13/95

HOMETOWN: EAGLE-VAIL, CO

If you're looking for the next dominant force in Alpine Skiing, look no further than Mikaela Shiffrin, who is adding super G and downhill to her usual slalom and giant Slalom events in Pyeongchang.

On the slalom scene, Shiffrin is one the best, if not the best in the world having been a major player for the past five years.

Dating back to 2013, Shiffrin has finished first

in the FIS World Cup standings four of the past five years. Last year saw her also finish in second in giant slalom.

In the meantime, Shiffrin became the youngest Olympian to win a gold medal in slalom when she finished first as an 18-year-old at the 2014 Winter Games in Sochi.

Alpine skiing events begin today, a day before the opening ceremonies, and go through Feb. 24.

LINDSEY VONN

ALPINE SKIING

DOB: 10/18/84

HOMETOWN: ST. PAUL, MN

With seven World Championship medals to go with a gold and bronze at the 2010 Vancouver Olympics, one might think Lindsey Vonn doesn't

have much to prove as the greatest female skier ever.

But she is the poster child of redemption in Pyeongchang as she has overcome harrowing injury problems that began in 2013 — which forced her to miss the 2014 Sochi Games — to finally get back to form for the 2018 Games.

Though it didn't come without a scare after injuring her back in December.

Entering her fifth Olympics, the 33-year-old is the elder stateswoman of Team USA's Alpine Skiing squad, but is still one of the best, as she'll compete in six-different events in a 12-day span.

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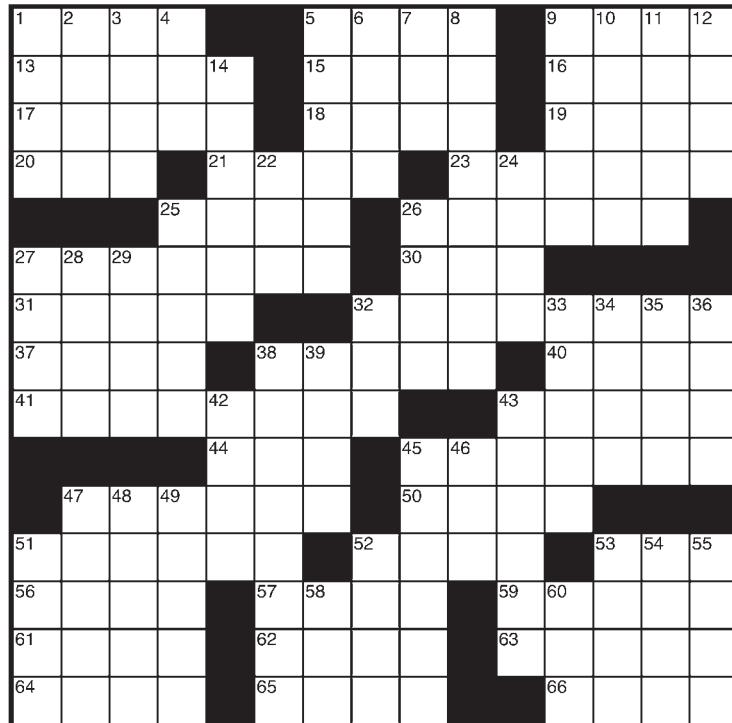
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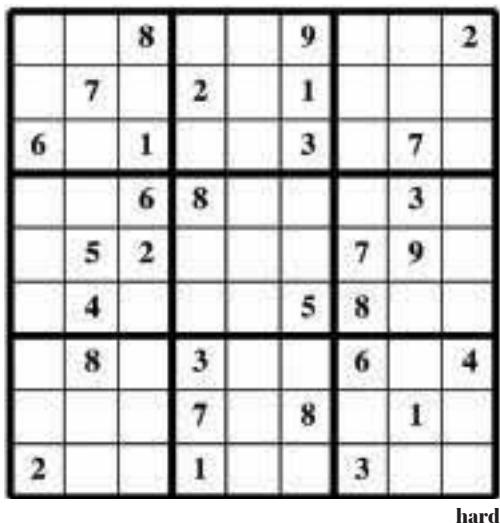
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32 Beauty pack
33 Zoom
34 Charles Lamb
35 Length measure
36 Terminates
38 Ruin a friendship
39 It means “half”
42 Green vegetable
43 Watch sites
45 Palace dwellers
46 Festive night
47 Push gently
48 Humerus neighbors
49 Peller of “Where's the beef?”
51 Bed of coal
52 Large nose
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58 Family mem.
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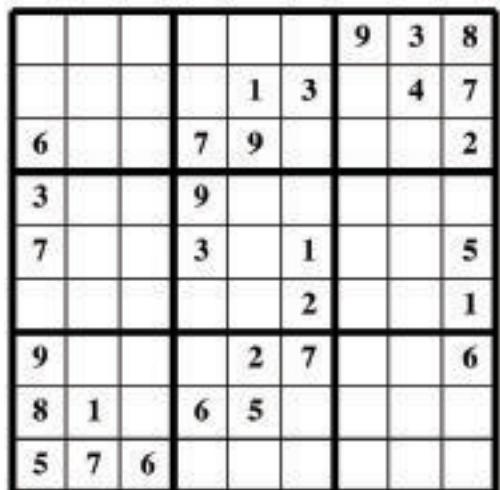


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easy



hard



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Aries Don't get anxious when something doesn't add up. Gather facts, ask questions and stand against what you feel is unfair. Don't wait for others to make a difference.



Taurus Channel your energy wisely. Don't lose sight of your intentions. Choose your actions and responses thoughtfully. Love and peace will conquer hate and chaos.



Gemini Channel your energy into your one-on-one relationships. Set time aside for the people who need you the most. Don't give up on someone going through a tough time.



Cancer Money issues are apparent. If someone shortchanges you, speak up. The longer you prolong what needs to be done, the less likely you are to find a resolution.



Leo Get out with friends. Socialize or get involved in physical activities that will challenge you. A passionate approach to life and love will result in a romantic encounter.



Virgo Emotional manipulation or ulterior motives will lead to discord. Honesty and integrity is necessary for both you and those you deal with if you want to keep the peace.



Libra Draw on your experience to help you gain perspective on what to do next. If you put your energy into using your skills diversely, you will succeed.



Scorpio Problems with loved ones, health issues or domestic matters will surface. Refuse to be driven by emotion. Avoid excessive behavior and people who tend to be abusive.



Sagittarius Health issues should not be left unattended. Taking care of your interests first will be necessary if you want to avoid physical, financial or legal setbacks.



Capricorn Emotions will mount, and financial problems with joint holdings will escalate. Keep the peace and look for solutions that will be beneficial to everyone involved.



Aquarius Care more and worry less. Forgo lavish pastimes and look for something that requires little from you monetarily, but plenty of time and energy. Offer to help others.



Pisces Take better care of your health, wealth and emotional well-being. Don't be tempted or follow someone who makes poor choices. Live smartly, not excessively. **EUGENIA LAST**

Yesterday's answers

YACHT	SRTA	YALE
ALLOW	PIEWS	USER
MOUSE	I BIS	PENN
SUBTER	FUGE	PATE
TUFT	ROI	
ABIDE	STEEL	
SALAD	NEER	UMA
ISIS	PRIED	SEAN
DIA	JINX	FUGIT
ENDEARS	SKIP	POLE
ERA	POLL	
REEL	NEARMISSES	
ERLIE	HARE	NEWTS
LIAR	ASKS	GRANT
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